

B	I	N	G	O
Shame	Agression	Emotional numbness	Nightmares	Intrusive memories
Detachment	Self-destructive behaviors	Memory problems	Anger	Negative thoughts about self and others
Repeated unwanted distressing memories	Struggles to feel positive emotions	FREE	Avoidance of reminders	Hostility
Hypervigilance	Re-living traumatic event	Insomnia	Guilt	Irritability
Fear	Blame	Mistrust	Trouble concentrating	Easily startled

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